

**VA/DOD CLINICAL PRACTICE GUIDELINE FOR THE
MANAGEMENT OF TOBACCO USE - UPDATE 2004**

KEY POINTS CARD

1. **Every** tobacco user should be advised to quit
2. Tobacco use is a **chronic relapsing condition** that requires repeated interventions
3. Several **effective treatments are available** in assisting users to quit
4. It is essential to **provide access** to effective **evidence-based** tobacco use **counseling treatments and pharmacotherapy**

5. **Collaborative tailored treatment strategies** result in better outcomes
6. Quitting tobacco leads to **improved health and quality of life**
7. **Prevention strategies** aim at reducing initiation, decreasing relapse, and eliminating exposure to environmental tobacco smoke

VA access to full guideline: <http://www.oqp.med.va.gov/cpg/cpg.htm>

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DoD access to full guideline: <http://www.qmo.amedd.army.mil/pguide.htm>

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